

WILBRAHAM SENIOR NEWS

45B Post Office Park • Wilbraham, MA 01095

Phone (413) 596-8379 • Fax (413) 596-8546

Volume 19, 11

NOVEMBER 2013

VETERANS DAY CELEBRATION

Veteran's Day Ceremony will be held at Crane Park on **November 11th at 11 am**. Joining us at the program will be State Senator Gale Candaras, State Rep. Angelo Puppolo along with the board of selectmen. Our special guests will be members of the Minnechaug Regional High School music department under the direction of Margaret Reidy. The students will plan and sing a variety of patriot songs. The Boy Scouts will be "retiring" flags, so bring along any old flags you may have. The Village Café will be providing refreshments. The Wilbraham Atheneum Museum will have displays related to veterans. The Museum is located on the corner of Main and Mountain Road.



Questions arise about the various monuments at Crane Park. The center piece is dedicated to Wilbraham's Civil War Veterans, the boulder to WWI Veterans and the obelisks to the Veterans to WWII, Korea and Vietnam. The rose colored marble is in honor of the Polish American Veterans who have served in our wars. We look forward to seeing you on November 11 and hope for good weather!



THANKSGIVING DINNER WITH ENTERTAINMENT

Wednesday, November 20 at 12 noon

Entertainment provided by Spunk and Sass

\$1.75 donation requested and payable at time of reservation

HOW TO PREVENT MEDICAL ERRORS

Join a speaker from Keystone Woods on Monday, November 4 at 10 am, as they present a guide to avoiding harmful medical events. Topics to be discussed include:

- Why older Americans are at greater risk for health care errors
- The most common mistakes that patients and their families make in a health care setting
- Steps you can take to protect your self from drug-resistant superbugs
- How to reduce "handoff risks" - the number of times a patient's care changes hands
- Managing medications—the key to safety
- The importance of having a health care advocate
- What Medicare beneficiaries can do if you believe you are being discharged from a hospital too soon

Please call 596-8379 to register for this program.

Lunch and Short Skits

On Monday, Nov.4, we will be hosting Reeds Landing Players as they present two original skits : *The Doctor's Office* and *The Snake Lady*, a light hearted look at life at Cranberry Cover Retirement Community. Come enjoy a hot lunch and stay for the entertainment. \$1.75 donation requested for the meal. Sign up at the front desk or by calling 596-8379. Lunch is served at 11:45, followed by the Reeds Landing Players.



MANICURES RETURN

Manicures by Cathy Rasid (licensed manicurist) every other Tuesday. Basic Manicure \$10, includes nail shaping, filing, soaking, cuticle and skin conditioning with clear polish. Nail Polish Application \$10, includes nail shaping, filing and Vinyl-Lux Premium Polish. Complete Manicure \$18, includes all above. Call 596-8379 for appointments.



Wilbraham Senior Center is now on F A C E B O O K . “Like” us to get the latest information on all our programming, activities and services that we offer.

BLUEBIRD ESTATES SENIOR LIVING OPTIONS

Today’s senior living options can be overwhelming to most seniors and their families. In this informative presentation you will learn many important aspects of the different levels of senior living. We will cover homecare to nursing care and the costs associated with both. There will also be time for questions and answers. The presentation is brought to you by Macil Stang, Senior Residential Advisor at Bluebird Estates in East Longmeadow. Refreshments will be served. Monday, November 25th at 10 am.

TOUR OF GLENMEADOW RETIREMENT COMMUNITY

Wondering what it would be like to live at Glenmeadow in Longmeadow? We are touring Glenmeadow in Longmeadow on Friday, November 8th. The Van will leave the senior center at 11:30AM. We will have lunch and tour the facility. Sign up at front desk. Space is limited.



HEALTH & FITNESS PROGRAMS

Blood Pressure Readings, **Tues., 11- 12 noon.**

Foot Care Nurses will be at the Center on **November 14** and are available for home visits. Cost is \$29.

Foot Doctor Cindy Galavotti will be here on **November 6**, cost is \$35. Call 596-8379 for an appointment. Also available for home visits.

Baystate Hearing Aids, **November 13**, 10 a.m to 12 noon, for free hearing aid cleanings & hearing screenings. Free in-home service also available. Call to sign up.

CHAIR MASSAGE AT SENIOR CENTER—Chair massages, provided by Ann Ambrose, owner of the Massage Center of Wilbraham, will be offered on the 1st Friday of each month. There is no disrobing involved. Cost is \$10 for 10 minute massage. Call 596-8379 to register for **November 1**. Very relaxing!!

Sole Food Reflexology—Dawn Dietrich, certified foot reflexologist, will be at the Senior Center on **November 1 & 15** for appointments. Cost is \$10.

Lee Giglietti, Public Health Nurse, is available on Tuesdays and Wednesdays for consultations. Please call for hours.

SHARPS containers are available FREE at center, with list of where they can be returned when full.

Call 596-8379 for appointments.

Line Dancing on **Wednesdays at 1:40 p.m.** with Kathy Hunter, \$2 a class. Beginner Line Dance class on **Fridays at 1:40 p.m.**

Zumba Gold on Wednesday at **2:00 pm** and **Fridays at 10:30 a.m.** Strength class follows Friday’s class, \$5 per class.

Tap Dance with Mary Ann, Thursdays at 9:30 am (\$2), followed by a Jazz class at 10 (\$2).

Tai Chi, Wednesdays at 9 a.m. FREE!

Belly Dancing with Janet every Wednesday at 11 a.m.

Mary Ellen’s Adult Exercise Class, **Tuesdays & Thursdays at 10:40 a.m. FREE!!!!**

Chair Exercise, **Tues.& Thurs. at 10 a.m.**

Arthritis Exercise with Mary Ellen, **Wed., 10:15 a.m.**

Ludlow Reservoir Walks, 5 brisk miles, **Fri., 9 a.m.**

Gentle Walking - **Mondays from 12-12:45.**

Outrageous Adventures— **November ?**. See Mary Ellen for more information.

NEW Senior Center Fitness Equipment— recumbent bike and treadmill. A Dr’s. note and training by Mary Ellen is required prior to first use. See Mary Ellen if you have any questions.



VETERANS OFFICE NEWS

Under Chapter 115 of Mass. General Laws, the state provides a uniform program of financial & medical assistance for indigent veterans and their dependents. Qualifying veterans and their dependents receive necessary financial assistance for food, shelter, clothing, fuel, and medical care in accordance with a formula which takes into account the number of dependents and income from all sources. Eligible dependents of deceased veterans are provided with the same benefits as if the veteran were still living. To see if you qualify, please contact Richard Prochnow, Call **596-8379**, and ask for Veteran's Agent.

MEDICARE OPEN ENROLLEMENT

The Medicare Open Enrollment will be from October 2013 to December 7, 2013. This is the time when you can make medical plan or drug plan changes that will start on Jan. 1, 2014. It is a good time to review your coverage and make sure your health plans work for you. Our SHINE Representative, Gerry Carney, will be available October 11, 18, and 25, November 8, 15, and 22 and December 6 to answer your questions and assist in making plan changes. Don't delay and be left out. Call ahead of time to schedule an appointment. 596-8379.

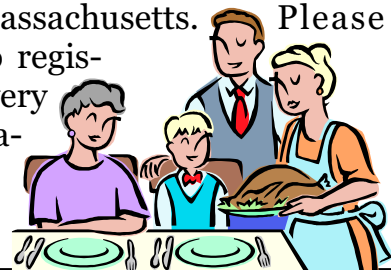
To help make informed decisions on your health insurance, we have scheduled the following:

FALLON HEALTH, November 6, 10 am.

No appointments necessary, just stop by with your questions. Educated representatives will be here to help you in your decision making.

Managing Holiday Stress

It may not always be the "most wonderful time of the year"...while the holiday season gets longer, it gets filled with more and more demands. It can often bring on stress and even depression. Learn simple tips to help you let go of stress and reconnect with the simple joys of the holidays. Create a health holiday season for yourself. Come here how to reduce your holiday stress on Tuesday, **December 3 at 1 p.m.** Presented by Hospice Services of Western Massachusetts. Please call 596-8379 to register for this very helpful presentation.



Senior Center CLOSED
Monday, November 11 for Veteran's Day
Thursday, November 28



NOVEMBER EVENTS

BOOK CLUB will meet on Thursday **November 21** at 1:30 pm.

ATTORNEY DOUGLAS PETERSON, FREE 20 minute consultations on **November 20**. Call for appt. 596-8379.

JEWELRY WORKSHOP with Sandy Merrill, on Wednesday, **November 20** at 10 am. \$3/class.


MEN'S BREAKFAST in Ludlow on **Friday, November 29 at 8:30 a.m.** Please call to register—596-8379.

QUILTING CLUB— Meets the 2nd & 4th Thursday, 1:00 p.m.

AFTERNOONS: PITCH Mondays, 12:30 p.m., **DOMINOES** Thursdays, 11:30 a.m., **BRIDGE** Fridays, 1 p.m. **KNITTING ETC.** Tuesdays, 1:00 p.m. **RUG MAKING**, Mondays at 1:00 p.m.

SHINE REP—Gerry Carney will be here in November to help with insurance questions. Call **596-8379** for an appt.

NOVEMBER 2013

Mon	Tue	Wed	Thu	Fri
				1 9-Chair Massage 10-Reflexology 10:30-Zumba Gold 11:30-Strength Class 1-Bridge 1:40-Line Dance
4 10-Prevent Medical Errors 11:45-Lunch & Skirts 12:30-Pitch 1-Rug Making 6-Writing Group <i>Baked Chicken</i> Big Y	5 10-Chair Exercise 10:30-Manicures 10:40-Aerobics 11-Blood Pressure Readings 1-Knitting Etc. <i>Kielbasa/Potatoes</i> Around Town	6 9-Tai Chi 10-Fallon Health 10-Podiatrist 10:15-Arthritis 11-Belly Dance 1:30-Spanish Class 1:40-Line Dance 2-Zumba Holyoke Mall	7 <i>DINE OUT</i> 9:30-Tap Dance 10-Jazz Class 10-Chair Exercise 10:40-Aerobics 11:30-Dominoes Stop & Shop	8 10-SHINE 10:30-Zumba Gold 11:30-Strength Class 11:15-Glenmeadow Tour 1-Bridge 1:40-Line Dance
11 CLOSED VETERAN'S DAY 	12 10-Chair Exercise 10:40-Aerobics 11-Blood Pressure Rdg 1-Knitting Etc. 1-Red Hat Meeting <i>Baked Chicken</i> Around Town	13 9-Tai Chi 10:15-Arthritis Class 11-Belly Dance 1-Friends Meeting 1:30-Spanish Class 1:40-Line Dance 2-Zumba WalMart	14 8-Foot Care Nurse 9:30-Tap Dance 10-Jazz Class 10-Chair Exercise 10:40-Aerobics 11:30-Dominoes 10-Quiling Club Big Y	15 9-SHINE 10-Reflexology 10:30-Zumba Gold 12-Red Hat Event 1-Bridge 1:40-Line Dance
18 12-Gentle Walking 12:30-Pitch 1-Rug Making <i>Beef Stew</i> Big Y	19 10-Chair Exercise 10:30-Manicures 10:40-Aerobics 11-Blood Pressure Readings 1-Knitting <i>Salisbury Steak</i> Around Town	20 TURKEY DINNER 9-Tai Chi 10-Jewelry Class 10:15-Arthritis Class 11-Belly Dance 1-Attorney Peterson 1:30-Spanish Class 1:40-Line Dancing 2-Zumba Eastfield Mall	21 9:30-Tap Dance 10-Jazz Class 10-Chair Exercise 10:40-Aerobics 11:30-Dominoes 1:30-Book Club Stop & Shop	22 9-SHINE 10:30-Zumba Gold 11:30-Strength Class 1-Bridge 1:40-Line Dance
25 10-Bluebird Estates 12-Gentle Walking 12:30-Pitch 1-Rug Making <i>Hot Dog/Beans</i> Stop & Shop	26 10-Chair Exercise 10:40-Aerobics 11-Blood Pressure Readings 1-Knitting <i>Chicken a la King</i> Around Town	27 9-Tai Chi 11-Belly Dance 1:30-Spanish Class 1:40-Line Dance 2-Zumba WalMart	28 CLOSED THANKSGIVING 	29 10:30-Zumba Gold 11:30-Strength Class 1-Bridge 1:40-Line Dance

The Friends of Wilbraham Seniors

PRESENTS 4th ANNUAL

HOLIDAY BAZZAR

NOVEMBER 23, 2013, SATURDAY from 9am - 3pm

AT THE GARDENS OF WILBRAHAM

2301 BOSTON ROAD

Over 20 Handmade Crafters

Picture with Santa from 11 am-1 pm

Stay for Lunch

Soup, Meatball Grinders, Chips, Soda, Water & Coffee

100% of Raffle Proceeds to the Friends of Wilbraham

Seniors Building Fund. Over 70 Raffle items.

1 ticket for \$1 3 tickets for \$2 10 tickets for \$5 25 tickets for \$10

**FUN !
FUN !
FUN !
FUN !**



**PRIZES !
PRIZES !
PRIZES !
PRIZES !**

Steaming Tender Restaurant

Dine Out

November 7, 2013 at 28 Depot Street, Palmer
The Steaming Tender will be donating 20% of total
food and beverage bill to
the Friends of Wilbraham Seniors Building Fund
Bring the kids and watch for the trains!



Coupons are available in the Wilbraham Senior Center below
and at the raffle table on the day of the event.

Coupons are good for lunch and dinner.

Call 283-2744 for reservation of four or more

Please present this coupon to your server.
Steaming Tender will donate 20% of your entire bill to the
Friends of Wilbraham Senior Center Building Fund.

RED HAT YAYA SISTERHOOD OF WILBRAHAM

Here it is Nov. already. The holidays are coming and we have some of our best events to come. The favorite pot luck luncheon is Nov. 15th. Arrival time is 12 noon. The chair ladies for this event are Nicole Lussier (599-0184) call her if you have a donation of a raffle prize to drop off at her home, 41 Ivy Circle. To make a reservation and sign up to bring a dish call either Ellie Griswold (596-6971) or Joan Maggi (596-8720). Space is limited some sign up early. Dec. is our wonderful Christmas party. It will be at the fabulous Lud-low Country Club this year. Kathy Phipps (596-9938) is the chair person for this event. The price will be \$18.00. The deadline to call for reservations is Nov. 22nd. Please bring a nice \$15. wrapped gift. Bring a gift get a number get a gift. Social hour is from 11:30 to 12:30 followed by lunch. Please pick either, Yankee pot roast, baked Boston scrod, or chicken Picatta, lunch will be complete with salad, rolls butter and dessert. Please send checks to Kathy Phipps 10 Elm Circle Wilb. 01095 made out to Red Hat YaYa Sisterhood of Wilbraham.

Jan 17 is Hawaiian Luau at the senior center Deb Gormley (547-6583) and Kathy Perry are co-chairs of this event. We will be doing tea cup raffle and have pizza and salad for lunch. Please call Deb for reservation and Kathy for the raffle. Also make your own sundae for dessert. I am looking for some Red Hat Ladies who would like to help at the Friends Holiday Bazaar. We need people to relieve workers call Kathy Phipps 596-9938. Have a wonderful Thanksgiving.

Happy and safe holidays, Kathy Phipps Queen Mum

SPANISH CLASS

We are holding a 2nd conversational Spanish class on Wednesdays at 1:30, starting November 6th. Classes will meet for 5 weeks at a cost of \$80, taught by UMASS Masters Graduate Deydamia Rodriguez. Call today to reserve your spot, as class size is limited.



Women's 60+ Basketball

We are still trying to get a group of 60+ women who want to have fun while getting healthy. I have 5 women interested we need 10 to 15. How about giving it a try? It is going to be very informal. We will play 3 on 3 or 4 on 4. I know all of us never played full court. But we can play all different set ups. There are teams all around the country 60+ women. It is exercise while having fun. Call Kathy Phipps at 413-596-9938 or e-mail at oob1999@msn.com.



community calendar

Wilb. Women's Club invites all to their December 12 meeting at St. Cecilia's Parish Center. There will be a "social" at 11:30 followed by a light lunch, refreshments and entertainment by the Wilb. Woman's Club Choral Group—Joy of Music.

Alzheimer's Support Group - Does someone close to you have dementia or Alzheimer's disease? Are you taking care of someone with memory loss? A support group for caregivers meets in the Brooks Room of the Wilbraham Library from 2-3 p.m. on the last Tuesday of each month.

Atheneum Society— On Monday, November 11 from 12-3 pm the Old Meeting House will host "A Veteran's Day Remembrance" with uniforms on display. Museum will be closed on Sunday, Nov. 10.

DONATIONS

Thanks to all who have donated to the Wilbraham Senior Center Revolving Account:

Country Bank for Savings	Levesque, Barbara	Tollin, Alan
The Hammonds	Magill, Marge	

Thanks to those who have donated to the Friends of Wilbraham Seniors and Building Fund:

FRIENDS

Armstrong, Nancy
Assad, Mary
Ersing, Eva
Laviolette, Lorraine
Magee, Alfred/Susan

Metzger, Raymond/Stella

Puc, Ellie
Putnam, Sr, Edwin
Shaban, D
Slade, James/Patricia

BUILDING FUND

Ahern, Lynne
Assad, Mary
Magee, Alfred/Susan
Williams, Flo
Villa Rose Restaurant



As we celebrate Thanksgiving, the staff at the Senior Center would like to thank all the wonderful volunteers who give their time to make the Senior Center a great place to visit. We have over 80 fabulous volunteers and we can not thank you enough.

ADS

DIRECTOR OF ELDER AFFAIRS:

Paula Dubord

ACTIVITIES/VOLUNTEER**COORDINATOR:**

Mary Ellen Schmidt

SOCIAL SERVICES**COORDINATOR/VETERAN'S****ADMINISTRATIVE ASSISTANT:**

Barbara Harrington

VETERAN'S AGENT:

Richard Prochnow

PUBLIC HEALTH NURSE:

Lee Giglietti, BS, RN, BSN

MEAL SITE DIRECTOR:

Ruth Bretta

SENIOR AIDE:

Jim Hiersche

WEEKLY VOLUNTEERS

Office: Ann Beardsley,

Evelyn Morris, Adell Teschendorf,

Kathy Phipps, Ginnie Rickert,

Jackie Daniels

Van: Dottie Kantor, Peter Siuda,

John Cochran & Gary Babineau

IF YOU WISH TO UNSUBSCRIBE**FROM THIS NEWSLETTER****PLEASE CALL THE SENIOR****CENTER AT 596-8379**

ANNUAL NEWSLETTER FEE OF \$5 payable to the "Friends of Wilbraham Seniors". Donations to the Friends of Wilbraham Seniors accepted at:

PO Box 705

Wilbraham, MA 01095

Meals served Mon and Tues at 11:45 a.m. in the lunch room. Reservations must be made the day before by 10:00 a.m. Call 781-8800, ask for Jean in nutrition. \$1.75 donation requested.

**FRIENDS OF WILBRAHAM SENIORS
WILBRAHAM SENIOR CENTER
45B POST OFFICE PARK
WILBRAHAM, MA 01095-1179**

Nonprofit Organization
U.S. Postage Paid
Springfield MA
PERMIT NO. 2853

SENIOR CENTER HOURS:

Monday-Friday, 8:00-4:00

PVTA Van Service

available by calling 739-7436.

Newsletter available online at
www.wilbraham-ma.gov

COUNCIL ON AGING MEMBERS:

Chairperson: Trant Campbell

Vice Chair: Robert Page

Secretary: Ellen O'Brien

Members: Theresa Munn, Gilles Turcotte,
Marie Valentine, Father Panteleimon Klostri

Meeting: 1st Wednesday of each month at
the Senior Center at 4:00 p.m.

The Wilbraham Senior News is mailed monthly by the Friends of Wilbraham Seniors, Inc., for the Council on Aging. Typed contributions accepted by the 8th of each month mailed to:

Wilbraham Senior Center

45B Post Office Park

Wilbraham, MA 01095

Phone (413)596-8379 Fax (413)596-8546

Email: pdubord@wilbraham-ma.gov

SENIOR CENTER VAN TRIPS**MONDAY TRIPS:**

Nov. 4—Big Y

Nov. 11—CLOSED

Nov. 18—Big Y

Nov. 25—Stop & Shop

WEDNESDAY TRIPS

Nov. 6—Holyoke Mall

Nov. 13—WalMart

Nov. 20—Eastfield Mall

Nov. 27—WalMart

THURSDAYS TRIPS

Nov. 7—Stop & Shop

Nov. 14—Big Y

Nov. 21—Stop & Shop

Nov. 28—CLOSED

Pick ups begin at 9:00 a.m. All bus trips are \$2 round trip. Please call 596-8379 to sign up for any of these trips. Space is limited to the first 12 callers.

Call 596-8379 to sign up today.

Around Town Trips on Tuesdays—call to reserve a seat!

